



Need A Personal Career Planner?

**We can help you
ON-Line or IN-Person!**

NH Employment Security (NHES) can help you with career planning. Resource Centers located in each of our 13 offices have job search services, tools and resources available for you to use for free. These include use of PCs with software for career exploration and planning, Internet access and information about career planning in hard copy.

Career planning involves assessment of aptitudes, interests, skills, and research of jobs projected for the future. In addition, you'll want to know what schools and programs offer training for your chosen career. O*Net is a program for career exploration available in our Resource Centers that will help you do this.

You can also get information on financial assistance and tuition costs.

Our Economic and Labor Market Information Bureau provides this kind of information through the New Hampshire Career Resource Network. Career planning information, occupation and industry profiles, apprenticeship information, occupational employment and wage information, information about licensed, certified, and registered occupations and occupational projections are available online at www.nhes.state.nh.us/elmi/nhcrn. Much of the information is also available in print and can be ordered by calling 228-4124. In addition, our on-line economic and labor market

information data system, *NHnetwork*, offers data on occupations (job duties, wages, job outlook, employing industries, required training and education, and licensing), geographic area profiles, industry outlooks, schools offering specific courses, and employer information including address, telephone number, contact person, industry, and size of firm. All of this information is just what you need for career exploration and planning.

Internet access is available in the Resource Centers to visit job and employment related sites. Information on these sites includes the kinds of jobs currently open, the skills and education required, and the pay. If you have Internet access at home, visit us at www.nhes.state.nh.us. Our Web site is a virtual Resource Center! We link to

over 150 job-related sites, including the publications and information mentioned above. In addition, you'll find an on-line Job Match System on our home page where you can take a tour of current openings across the State, enter your resume application information for employer viewing and apply to openings through e-mail.

Most of our offices offer free Job Search Workshops at least once a month and many also include workshops about Interviewing, Resume Writing, and other related topics. If you'd like to talk to an Employment Counselor for assistance in career exploration through interest inventories, aptitude testing, and assessment, please call the nearest NHES office for an appointment.

New Hampshire Employment Security Local Offices

BERLIN

Manager: Mark Belanger
151 Pleasant Street, PO Box 159
Berlin, NH 03570-0159
Telephone: (603) 752-5500
FAX: (603) 752-5536

CLAREMONT

Manager: Tom Norris
404 Washington Street, PO Box 180
Claremont, NH 03743-0810
Telephone: (603) 543-3111
FAX: (603) 543-8113

CONCORD

Manager: Michael Walden
10 West Street, PO Box 1140
Concord, NH 03301-1140
Telephone: (603) 228-4100
FAX: (603) 229-4353

CONWAY

Manager: Kathy Howard
518 White Mountain Hwy
Conway, NH 03818-4205
Telephone: (603) 447-5924
FAX: (603) 447-5985

KEENE

Manager: Joel Slutsky
109 Key Road
Keene, NH 03431-3926
Telephone: (603) 352-1904
FAX: (603) 352-1906

LACONIA

Manager: Pam Szacik
426 Union Avenue, Ste 3
Laconia, NH 03246-2894
Telephone: (603) 524-3960
FAX: (603) 524-3963

LEBANON

Manager: Arthur McAllister
85 Mechanic Street
Lebanon, NH 03766-1506
Telephone: (603) 448-6340
FAX: (603) 448-6342

LITTLETON

Manager: Kathy Howard
646 Union Street, Suite 100
Littleton, NH 03561-5314
Telephone: (603) 444-2971
FAX: (603) 444-6245

MANCHESTER

Manager: Leanne Topolosky
300 Hanover Street
Manchester, NH 03104-4957
Telephone: (603) 627-7841
FAX: (603) 627-7982

NASHUA

Manager: Christine Nelson
6 Townsend Street
Nashua, NH 03060-3285
Telephone: (603) 882-5177
FAX: (603) 880-5256

PORTSMOUTH

Manager: Francis Morrissey
2000 Lafayette Road
Portsmouth, NH 03801-5673
Telephone: (603) 436-3702
FAX: (603) 436-3754

SALEM

Manager: Cyndi Peterson
29 South Broadway
Salem, NH 03079-3026
Telephone: (603) 893-9185
FAX: (603) 893-9212

SOMERSWORTH

Manager: Marianne Rechy
243 Route 108
Somersworth, NH 03878-1512
Telephone: (603) 742-3600
FAX: (603) 749-7515

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TDD ACCESS: Relay NH 1-800-735-2964

New Hampshire Employment Security
Administrative Office
32 South Main Street
Concord NH 03301-4857

Phone: (603) 224-3311 FAX: (603) 228-4145
Web Site Address: www.nhes.state.nh.us

Quick Tips

Career Planning

Evaluate your career goals and how they fit in with your life goals. Assess your personal career desires, financial needs, and geographic location requirements.

Life Goals - What are yours? What matters most to you?

Career Goals - Important because today's worker can expect to change careers several times in their lifetime.

Things to consider in incorporating your career plan into your lifestyle:

Core Expertise - What are you good at?

Personal Desires - Make sure you have balance between work, family, and friends.

Financial Needs - Know what they are for now and the future.

Health - Important to consider in weighing suitable opportunities.

Geography - Where do you want to live?

Adapted from: www.state.in.us/dwd/career_planning1.shtml